

# MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE

Center phone: 379-7222

SEPTEMBER 2008

Activity Volunteer Coordinator: Jan Nevette

Transportation: 388-9595

Meal Site Manager: Eleanor McMinnis

| MON                                                                                                                                         | TUES                                                                                                                                                                                              | WED                                                                                                                                                                                                   | THUR                                                                                                                                                                    | FRI                                                                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <p><b>1</b></p> <p><b>Closed For Labor Day</b></p>                                                                                          | <p><b>2</b> 9:30 Walk with Ease</p> <p>9:45 Blood Pressure<br/>Renee Martin/Quality First</p> <p><b>10 Sr. Kick Ball</b></p> <p>11:30 Lunch</p>                                                   | <p><b>3</b> 9:30 Walk With Ease</p> <p>9:45 Cards &amp; Coffee</p> <p>10 Chair Aerobics</p> <p>11:30 Lunch</p>                                                                                        | <p><b>4</b> 9:30 Walk With Ease</p> <p>9:45 Coffee</p> <p>9:46 Blood Pressure</p> <p>10 Chair Aerobics</p> <p>11:30 Lunch</p>                                           | <p><b>5</b> 9:30 Walk With Ease</p> <p>9:45 Coffee and Cards</p> <p>10:30 Rummy</p> <p>11:30 Lunch</p>                  |
| <p><b>8</b> 9:30 Walk With Ease</p> <p>9:45 Coffee</p> <p><b>10:30 Recipe Swap</b></p> <p>11:30 Lunch</p>                                   | <p><b>9</b> 9:30 Walk with Ease</p> <p>9:45 Coffee &amp; Chatting</p> <p><b>10:30 Bring Your Favorite Book</b></p> <p>11:30 Lunch</p>                                                             | <p><b>10</b> 9:30 Walk With Ease</p> <p>10:00 Cards &amp; Coffee</p> <p>11 Stretching Exercise</p> <p><b>11 Christy Bradford Of Legal Aid</b></p> <p>11:30 Lunch</p>                                  | <p><b>11</b> 9:30 Walk With Ease</p> <p><b>9:45 Coffee</b></p> <p><b>10 Sarita of Hospice Info /Advance Directives</b></p> <p><b>11:00 Bingo</b></p> <p>11:30 Lunch</p> | <p><b>12</b> 9:30 Walk w/ Ease</p> <p>9:45 Coffee &amp; Cards</p> <p><b>10:30 Scrap Booking</b></p> <p>11:30 Lunch</p>  |
| <p><b>15</b> 9:30 Walk With Ease</p> <p>9:45 Coffee/ Chatting</p> <p>10:00 Cards</p> <p><b>10:30 Scrap Booking</b></p> <p>11:30 Lunch</p>   | <p><b>16</b> 9:30 Walk with Ease</p> <p><b>9:45 Pam Reed of Hidden Acres / "Favorite Past Times"</b></p> <p><b>10:30 Stretching Exercise</b></p> <p>11:00 Bingo</p> <p><b>11:30 Pot Lunch</b></p> | <p><b>17</b> 9:30 Walk With Ease</p> <p>10:00 Cards &amp; Coffee</p> <p><b>10:30 Craft / paint bags</b></p> <p>11:30 Lunch</p>                                                                        | <p><b>18</b> 9:30 Walk With Ease</p> <p><b>10 Star Therapy's info on "Senior Safety"</b></p> <p>11 Bingo</p> <p><b>11:30 Pot Luck Lunch</b></p>                         | <p><b>19</b> 9:30 Walk W/ Ease</p> <p>9:45 Coffee and Cards</p> <p><b>10:30 Craft/ Frame Art</b></p> <p>11:30 Lunch</p> |
| <p><b>22</b> 9:30 Walk with Ease</p> <p>9:45 Coffee/ Chatting</p> <p>10:00 Cards and</p> <p><b>10:30 Recipe Swap</b></p> <p>11:30 Lunch</p> | <p><b>23</b> 9:30 Walk with Ease</p> <p><b>9:45 Blood Pressure</b></p> <p><b>10 Dance steps w/ Amy Scott</b></p> <p><b>10:30 Bingo</b></p> <p>11:30 Lunch</p>                                     | <p><b>24</b> 9:30 Walk With Ease</p> <p>9:45 Coffee / Chatting</p> <p><b>10 Frame Art</b></p> <p>11:30 Lunch</p>                                                                                      | <p><b>25</b> 9:30 Walk With Ease</p> <p>9:45 Coffee</p> <p><b>10 Fitness by Paula Streeter of Maury Regional Foundation</b></p> <p>11:00 Bingo</p> <p>11:30 Lunch</p>   | <p><b>26</b> 9:30 Walk W/ Ease</p> <p>9:45 Coffee And Cards</p> <p>10:30 Rummy</p> <p>11:30 Lunch</p>                   |
| <p><b>29</b> 9:30 Walk With Ease</p> <p>9:45 Coffee/ Chatting</p> <p>10:00 Cards</p> <p><b>11 Fall Art</b></p> <p>11:30 Lunch</p>           | <p><b>30</b> 9:30 Walk with Ease</p> <p>10:00 Blood Pressure &amp; Stretch Exercise</p> <p><b>11 Ron Perry's Music/ Birthday Party</b></p> <p><b>11:30 Pot Luck Lunch</b></p>                     | <p><b>September Birthdays</b></p> <p>Louise Cathy</p> <p>Mary Ruth Oliver</p> <p><b>Oldest Member:</b><br/><u>Dorothy Huffman</u></p> <p><b>New Program:</b><br/><u>Watch Your Weight Contest</u></p> | <p><b>Health Fair at M.C. Senior Center</b></p> <p><b>September 23rd</b></p> <p><b>9am—1pm.</b></p> <p><b>Information, door prizes, &amp; fun for everyone.</b></p>     | <p><b>Watch for dates of flu shots given at the Maury County Senior Center In Oct. or Nov.</b></p>                      |

**Sponsors: \*Arthritis Foundation & Maury County Senior Center \* Hidden Acres**

**\* Mid Tennessee Bone & Joint Clinic \*Quality First Home Health**